

Balance Exercise

Plantar Flexion

Do plantar flexion as part of your regularly scheduled strength exercises
When doing your strength exercises, add these modifications to plantar flexion as you progress:

- Hold table with one hand,
- then one fingertip,
- then no hands;
- then do exercise with eyes closed, if steady.

Summary:

1. Stand straight; hold onto a table or chair for balance.
2. Slowly stand on tip toe, as high as possible.
3. Hold position for 1 second.
4. Slowly lower heels all the way back down. Pause.
5. Repeat 8 to 15 times.
6. Rest; then do another set of 8 to 15 repetitions.
7. Add modifications as you progress.



Knee Flexion

Do knee flexion as part of your regularly scheduled strength exercises, and add these modifications as you progress:

Hold table with one hand,
then one fingertip,
then no hands;
then do exercise with eyes closed, if steady.

Summary: 1. Stand straight; hold onto a table or chair for balance.
2. Slowly bend knee as far as possible, so foot lifts up behind you.
3. Hold position for 1 second.
4. Slowly lower foot all the way back down. Pause.
5. Repeat with other leg.
6. Alternate legs until you have done 8 to 15 repetitions with each leg.
7. Rest; then do another set of 8 to 15 alternating repetitions. 8. Add modifications as you progress.

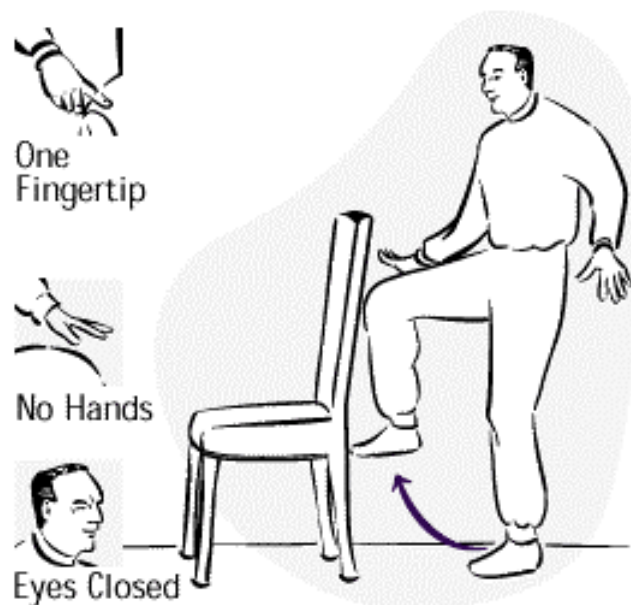


Hip Flexion

Do hip flexion as part of your regularly scheduled strength exercises, and add these modifications as you progress:

Hold table with one hand,
then one fingertip,
then no hands;
then do exercise with eyes closed, if steady.

- Summary:**
1. Stand straight; hold onto a table or chair for balance.
 2. Slowly bend one knee toward chest, without bending waist or hips.
 3. Hold position for 1 second.
 4. Slowly lower leg all the way down. Pause.
 5. Repeat with other leg.
 6. Alternate legs until you have done 8 to 15 repetitions with each leg.
 7. Rest; then do another set of 8 to 15 alternating repetitions.
 8. Add modifications as you progress.

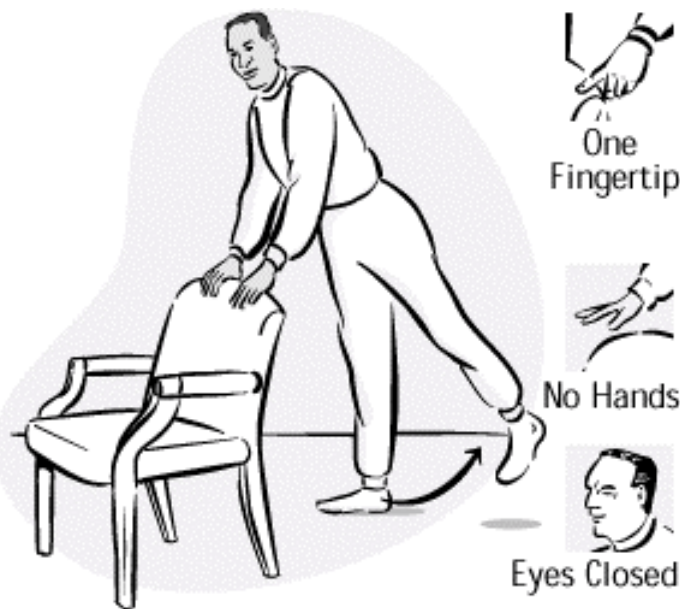


Hip Extension

Do hip extension as part of your regularly scheduled strength exercises, and add these modifications as you progress:

Hold table with one hand,
then one fingertip,
then no hands;
then do exercise with eyes closed, if steady.

- Summary:**
1. Stand 12 to 18 inches from a table or chair, feet slightly apart.
 2. Bend forward at hips at about 45-degree angle; hold onto a table or chair for balance.
 3. Slowly lift one leg straight backwards without bending your knee, pointing your toes, or bending your upper body any farther forward.
 4. Hold position for 1 second.
 5. Slowly lower leg. Pause.
 6. Repeat with other leg.
 7. Alternate legs until you have done 8 to 15 repetitions with each leg.
 8. Rest; then do another set of 8 to 15 alternating repetitions.
 9. Add modifications as you progress.



Side Leg Raise

Do leg raise as part of your regularly scheduled strength exercises, and add these modifications as you progress:

Hold table with one hand,
then one fingertip,
then no hands;
then do exercise with eyes closed, if steady.

- Summary:**
1. Stand straight, directly behind table or chair, feet slightly apart.
 2. Hold onto table or chair for balance.
 3. Slowly lift one leg to side 6-12 inches out to side.
Keep your back and both legs straight.
Don't point your toes outward; keep them facing forward.
 4. Hold position for 1 second.
 5. Slowly lower leg all the way down. Pause.
 6. Repeat with other leg.
 7. Alternate legs until you have done 8 to 15 repetitions with each leg.
 8. Rest; then do another set of 8 to 15 alternating repetitions.
 9. Add modifications as you progress.



Anytime/Anywhere

These types of exercises also improve your balance. You can do you have something sturdy nearby to hold onto if you become unsteady.

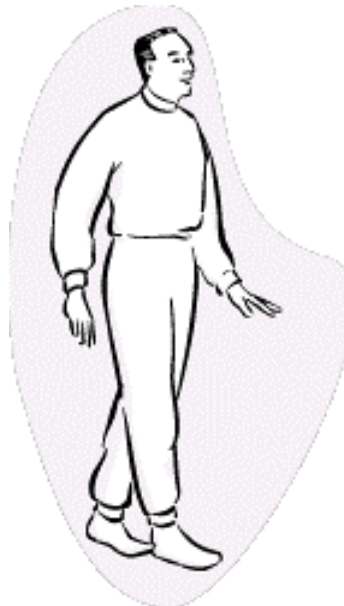
Examples: Walk heel-to-toe.

Position your heel just in front of the toes of the opposite foot each time you take a step.

Your heel and toes should touch or almost touch. (See Illustration.)

Stand on one foot (for example, while waiting in line at the grocery store or at the bus stop).

Alternate feet.



Stand up and sit down without using your hands.

From Exercise, National Institute on Aging, National Institutes of Health